



ASAT COURSE CATALOG

Spring Session 2024

March 25, 2024 – June 21, 2024

Hello,

Below you will find the course catalog for the ASAT Program. Individuals should look over this catalog for courses they are interested in, and then speak with their Advisor to request classes.

Once all class requests are received, Program Directors will approve, and confirmations will go out. Please see below for important dates, policies and contact information.

Spring Session 2024 REGISTRATION

- Spring Session Term Begins Monday, March 25, 2024
- Add/drop Period: March 25th - March 29th 2024
- Spring Session Term Ends Friday, June 21, 2024
- Course Registration should be completed by Friday, March 15, 2024
- No Classes on May 27th: Memorial Day
- No Classes on March 18th – 22nd: Spring Break

ADD/DROP

The first week of the term is designated as the Add/Drop period, during which time a student may enroll in or drop a class. A student may drop out of a class during this time without being billed.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

QUESTIONS

ASAT Courses: Please direct questions to bnadeau@chapelhaven.org

The Asperger Syndrome Adult Transition (ASAT) Program at Chapel Haven Schleifer Center provides an array of services to support individuals with Asperger's Syndrome and related diagnoses to live increasingly independent and productive lives. One component is our adult education program, which offers a range of workshops to develop social and independent living skills, as well as for personal enrichment.

Registering for the First Time

To enroll in ASAT workshops, individuals must participate in a brief intake process to ensure that they will benefit from our programming. In brief, some of the expected criteria include:

- 18 years of age or older (sorry, no exceptions)
- Have a primary diagnosis of high functioning autism, ASD, Asperger's Syndrome, PDD-NOS, nonverbal learning disability, or a related social communication diagnosis
- Able to participate effectively in a group classroom environment without individual support
- Does not require direct supervision or pose a danger to self or others

Registration appointments are required for anyone registering for ASAT workshops for the first time. A few important notes regarding registration appointments:

- Registration sessions are required only for individuals new to the ASAT program at Chapel Haven Schleifer Center. If you have taken workshops with us before or you are currently receiving other services from the ASAT program, you do not need to attend registration. You may simply complete the workshop enrollment sheet and drop it off.
- Please keep in mind that our residential students receive priority enrollment. Following their registrations, requests are processed on a first come, first-serve basis.
- *For scholarship opportunities, please reach out to Catherine Sullivan DeCarlo at cdecarlo@chapelhaven.org.*

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Marvelous Mondays: CORE 1st & 2nd Years

Monday, 9:00-10:00

Location: On Campus

Cost: \$180, or included as part of F/T Residential & Day Programming

Description: Let's start the week off together with different activities each week, but all with a focus on getting us ready to face the week ahead with a mindful and motivated mindset. We will stretch, do some basic yoga moves, go for walks, check in on our emotional wellbeing and play some fun mindfulness games. This will be a fun way to kick off the week! *** Residential and Extended COS students only!**

Food Management & Planning: CORE 2nd Years

Monday, 10:00-11:00

Location: On Campus

Cost: \$180, or included as part of F/T Residential & Day Programming

Description: The ASAT SLP and Special Educator team-up to teach this class in a Reality-show style. A CORE CLASS for second year ASAT students and offered to Community Members as an elective, students will learn how to make "on-the-spot" meals from ingredients, leftovers and lonely items found in their refrigerators and apartments. Students will learn how to problem-solve in the kitchen as head chefs, as cooking teams and food managers. Food inventories and advanced meal planning will be highlighted, and healthy food options and cooking techniques will be taught to the group as they prepare to purchase their weekly groceries after this class is held. ***Advising Placement for COS Members**

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Grocery Check-In/Shopping: CORE

Monday, 10:00-12:00

Location: On Campus

Cost: \$360, or included as part of F/T Residential & Day Programming

Description: Do you have everything you need for a successful and productive grocery trip? This group check-in before grocery shopping is designed to serve as a reminder to bring your grocery bags, grocery cart, bus pass, list, and money. In this course students will continue to hone procedures for managing their grocery shopping, shopping based on their list, staying within a budget, and practicing relevant money-saving techniques. If you are not sure whether you should be enrolled in a grocery shopping class or not, check with your advisor to see if you have met the criteria to be exempt from this class.

Communication Concepts: CORE 1st Years

Monday, 1:00-2:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: This class is a continuation from the winter CORE social communication class for first year students in the program, and students interested in enhancing their reciprocal conversation skills are also welcome to register for this class. Initiating and joining conversations, maintaining the topic, shifting the topic, filtering thoughts and conversational turn-taking will be emphasized. Students will also apply their problem-solving skills to a variety of hypothetical and real-time social situations in this class. Social problems involve our interactions with others across settings, and how we choose to respond during these interactions, based on predicted social outcomes. Social problem-solving scenarios will be presented and “solved” by the group, utilizing the problem-solving process and reciprocal conversational skills. ***COS students interested in developing conversational skills are encouraged to register, advising placement only.**

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Spring Cleaning: CORE 1st & 2nd Years

Monday, 2:00-3:00 **1st Years**

Tuesday, 10:00-11:00 **2nd Years**

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this workshop, you will complete a spring cleaning of your apartment. You will organize your belongings, get rid of unneeded items and clean some of the little-noticed areas!

JCC Open Gym/Swim

Monday, 5:00-6:30

Location: JCC

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: This course allows you to explore a range of activities available at The Jewish Community Center (JCC) in Woodbridge, from utilizing the fitness center to the swimming pool and any group exercise classes. This is open to people of all faiths or religious standing and is offered in conjunction with the JCC. Participation requires a JCC membership (a reduced cost is available for Chapel Haven students).

Morning Meeting: CORE 1st & 2nd Years

Tuesday, 9:00-10:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming.

Description: Morning meeting is a check-in time for each student to think and share how they are feeling and what is on their mind. During morning meetings, students will discuss social recreation activities, budgeting goals and any programming needs that arise for the day. ***For on-campus residential students only!**

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Bus Transportation with Transfers: CORE 1st Years

Tuesday, 10:00-1:00

Location: On Campus/Community

Cost: \$425, or included as part of F/T Residential & Day Programming

Description: In this course, students will have the opportunity to continue practicing their bus skills. Students will continue following the Transit app, demonstrating appropriate behavior and interactions on the bus, identifying the correct stop, and transferring lines as needed. ***This is for any residential student who has passed their non-transfer bus assessment.**

Career Exploration: CORE 2nd Years

Tuesday, 1:00-2:00

Location: On Campus/Community

Cost: \$180, or included as part of F/T Residential & Day Programming

Description: In this course, students will continue building on skills to become workplace ready. They will explore various careers, practice filling out job applications and fine tuning their resume.

Entertaining Friends and Social Etiquette: CORE 1st Years

Tuesday, 2:00-4:00

Location: On Campus

Cost: \$360, or included as part of F/T Residential & Day Programming

Description: The ASAT SLP and Special Educator team-up to teach this class which is a CORE class for first year ASAT students. Students will learn to formally and informally entertain friends and acquaintances in their homes. Students will explore themes and types of celebrations and learn the social expectations for different events and audiences. With guidance from staff, students will clean their apartments and set-up and prepare the entertainment space before they host events. They will also be expected to provide healthy snacks and fun activities. Mini social communication lessons will be embedded into this course. ***Advising Placement for other students interested in registering.**

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Weekly Recap

Tuesday, 7:00-8:00

Thursday, 7:00-8:00

Location: On Campus

Cost: Included as part of F/T Residential Programming.

Description: This evening gathering is a time for on-campus students to meet as a group and connect. All residents are expected to participate. Students will debrief about their weeks, receive ASAT news and information, play games and bond with classmates. ***For on-campus residential students only!**

SCC in the Morning: CORE

Wednesday, 9:00-10:00

Location: On Campus

Cost: Included as part of F/T Residential & Day Programming

Description: During this class, mini social communication lessons will be embedded during Wednesday morning meetings. ***For on-campus residential students only!**

Mural Making: CORE 2nd Years

Wednesday, 11:00-12:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: Have you ever wanted to be a part of something big? In this class, we will work in a group to create large-scale masterpieces using paints, markers, pencils and more on paper and other surfaces. Be prepared for an exciting new challenge each week! Students will explore a variety of topics and learn team-building skills.

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Vitas Volunteer Site

Wednesday, 10:00-12:30

Location: On Campus

Cost: \$425 or included as part of F/T Residential & Day Programming

Description: At this supported volunteer site, students will learn how to complete a variety of office tasks. One of the tasks the students will be participating in is preparing bereavement mailings. Students will have to complete an application and training prior to the placement. This can be done with staff if not completed already. ***Limited spots available**

Dating & Sexuality: CORE First Years

Wednesday, 1:00-2:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: Ever wonder how to approach that person you are interested in and strike up a conversation? How about asking that person out on a date? What's considered appropriate flirting and dating behavior, and how do you recognize when someone has "crossed a line?" Learn how to establish boundaries in your relationships, from casual acquaintances to serious romantic partners. Hone your nonverbal communication so you feel and look more comfortable around others – groups and one-on-one! In this course, students will also discuss both the physical and emotional aspects of sexuality. Factual information, as well as concepts related to decision-making will be explored.

Mindfulness: CORE 1st Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: Mindfulness is a term that we often hear but may not quite understand what it means to be mindful. In this class you will learn what mindfulness is and will learn several different ways to practice mindfulness. We will discuss the importance of mindfulness and how each of us can create a plan to live a more mindful life.

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Understanding Bills & Benefits: CORE 2nd Years

Wednesday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, you will develop the ability to read and understand bills you may get in the future. This course will discuss the importance of paying bills in a timely manner and the consequences of timeliness of payment will be explored. In terms of benefits, this course will begin to explore the various options that are available to you and how you can start to apply for various benefits and offerings.

Men's Group

Wednesday, 3:00-4:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: This casual men's group will meet to discuss all topics pertinent to young men and their everyday lives; from personal hygiene to relevant topics associated with their peer group or potential romantic relationships.

Social Rec Planning Meeting

Wednesday, 4:00-4:30

Location: On Campus

Cost: Included as part of F/T Residential, Day Programming and **FREE** to Community Members

Description: Students will work with staff to plan the upcoming weekend's social activities. Part of this session will be looking up activities, presenting them to the group and then voting on when to offer the selections presented. ***This is required for all residential students.**

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Chess Club

Wednesday, 6:00-7:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: Whether you like to play competitively or casually, get ready for some chess-playing fun! No chess experience necessary, staff will pair students up for a fun and educational chess playing experience. You are sure to walk away with working knowledge of the game and maybe even some new strategies.

Meal Planning & Budgeting: CORE 1st Years

Thursday, 9:00-10:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, students will plan healthy, easy to prepare meals for the upcoming week. They will create a grocery list based on their weekly budget and utilize this list to purchase their groceries and prepare their meals throughout the week. Students will learn the skills needed for basic day-to-day banking and money management tasks. Staff will support students in creating their own weekly budgets and managing bank transactions.

Beardsley Zoo Volunteer Site

Thursday, 10:00-12:00

Location: Campus/Beardsley Zoo

Cost: \$360 or included as part of F/T Residential & Day Programming

Description: In this course, students will be volunteering at the Beardsley Zoo. Students will be participating in activities like cleaning animal enclosures, yard work outside the exhibits and stocking the gift shop. This course is designed for students to explore the community they live in and to give back through volunteer work.

***Limited spots available**

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

SCC in the Workplace: CORE 2nd Years

Thursday, 11:00-12:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: This class is a continuation from the winter CORE social communication class for second year students in the program and for students entering the workforce. Many of these classes are conducted in a virtual meeting format; students interested in honing their professional presentation for Zoom and other remote meeting formats are encouraged to register for this class.

During the spring term, students will examine healthy professional relationships and how to identify, respect and maintain “boundaries” at work. A majority of this class will focus on interview preparation, and the students will participate in mock interviews. Various social expectations at work and “hidden” rules of the workplace will be examined and discussed as well. ***Advising Placement for COS Members or Ala-Carte Students**

ASD Awareness in the Real World: CORE 1st Years

Thursday, 1:00-2:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, students will develop an understanding of what Asperger’s Syndrome /ASD is, of myths and realities related to public perception and of his/her own individual traits related to ASD. Students will develop the ability to explain ASD to individuals in the community who require an explanation of the diagnosis. This course will also discuss strategies about navigating the real world and provide knowledge about individuals’ rights in the workplace and beyond.

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Mapping the Future: CORE 1st & 2nd Years

Thursday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, students will explore the possibilities for their futures after graduation from Chapel Haven. They will consider factors including education, career, living arrangements, recreation and family relationships.

Veggie Palooza

Thursday, 4:00-6:00

Location: On Campus

Cost: \$360 or included as part of F/T Residential & Day Programming

Description: In this course, students will be able to cook various dinner or dessert recipes using strictly vegetables. Turn summer squash into pasta, reinterpret meat dishes without the meat or prepare unexpected snacks like plantain chips into something you'll want more of.

Morning Meeting Healthy Breakfast Options: CORE 1st & 2nd Years

Friday, 9:00-10:30

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: Morning meeting is a check-in time for each student to think and share how they are feeling and what is on their mind. During morning meetings, students will discuss social recreation activities, budgeting goals and any programming needs that arise for the day. In this course, students learn to prepare a variety of breakfast foods, such as eggs, pancakes, French toast, oatmeal, smoothies, muffins, etc. Students then eat breakfast together and practice their social skills. * **For on-campus residential students only!**

****CORE CLASSES: Registration required for full-time residential students. Registration based on individual goals for part-time or a la carte students.**

Advanced Financial Concepts II: CORE 2nd Years/Extended COS

Friday, 10:00-11:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, students will continue to explore topics related to financial planning, banking, and investing. Students will continue to expand their knowledge of financial concepts and terms associated with debt management, credit, spending and saving to help them make better financial decisions.

Civics and Citizenship: CORE 1st Years & 2nd Years

Friday, 2:00-3:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: You have an inalienable right to take this class! Students will develop an understanding of government structure at the federal, state, and local level. They will gain an understanding of their basic rights and discuss how to assert these rights, gain an introduction to legal processes, and learn sources of government supported assistance.

Location Housing: CORE 2nd Years & Extended COS

Friday, 3:00-4:00

Location: On Campus

Cost: \$180 or included as part of F/T Residential & Day Programming

Description: In this course, students will learn about the types of housing available and will follow steps to locate housing to live in following graduation.